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A primer on the long-term contraceptive. 38

Are parents saving enough for college? 22

Rangers continue to light the lamp. 39

TRUMP v. ROE v. WADE

New York pro-life groups ready to battle the president-elect on reproductive rights. 2

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1. How did prosecutors say an extradited Colombian drug lord smuggle narcotics into New York City?

2. How many goals have the Rangers registered so far this season?

3. What musical did "Billy Lynn's Long Halftime Walk" actor Steve Martin star in back in 1981?

3 things you need to know

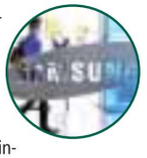
HACK EXPOSES 412M ADULT WEBSITE USER CREDENTIALS

Login credentials for over 412 million users of adult websites run by California-based FriendFinder Networks Inc. were compromised last month in the largest hack of 2016, according to breach notification website LeakedSource.com. Compromised data includes nearly 340 million credentials for Adultfriendfinder.com, which bills itself as "the world's largest sex and swinger community," some 63 million records from video sex-chat site cams.com and about 7 million records from adult magazine site Penthouse.com, LeakedSource said in a blog published on Sunday. Representatives of FriendFinder Networks, one of the world's biggest adult website operators, could not be reached for comment on Monday. REUTERS

UPS AIR MAINTENANCE WORKERS VOTE 98 PERCENT TO STRIKE

2 Air maintenance workers at United Parcel Service Inc have voted overwhelmingly to authorize a strike against the world's largest package delivery company as contract talks remained deadlocked over health care benefits, the workers' union said on Monday. Teamsters Local 2727 said 98 percent of those who took part in a mail-in ballot voted to authorize strike action. Eighty percent of the local's 1,200 members participated in the ballot. Contract talks have been ongoing for three years. If they remain deadlocked Monday, union representatives say they will begin the process that could lead to a strike within 60 days. The main sticking point has been healthcare benefits. The Teamsters say UPS is demanding major concessions, including a massive spike in retiree contributions for health-care costs. REUTERS

SAMSUNG TO BUY CAR TECH COMPANY HARMAN FOR $8 BILLION



3 Samsung Electronics has agreed to buy Harman International Industries in an $8 billion deal, marking a major push into the auto electronics market and the biggest overseas acquisition ever by a South Korean company. The transaction highlights Samsung's efforts to break into the high-barrier automotive industry where it has little track record and also marks a strategic shift for the electronics company, which has previously shunned big acquisitions. "An M&A deal this big is a first for us. But it shows that under Jay Y. Lee, the company is changing and open to new ways to grow," a source familiar with the deal told Reuters, referring to Samsung Electronics' vice chairman. REUTERS

For the expanded version, visit metro.us

President-elect Donald Trump delivers his acceptance speech as Vice President-elect Mike Pence looks on. GETTY IMAGES

Trump's anti-abortion pledge threatens women's rights, NY activists argue

Advocates and constitutional experts worry that reproductive rights will be at great risk under the Trump-Pence administration.

AMANDA MIKELBERG
@MetroNewYork
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The right to choose is in critical danger under the presidency of Donald Trump and fiercely anti-abortion Indiana Gov. Mike Pence, say pro-choice advocates in New York.

"We're staring down the barrel for a possibly very, very difficult time to access an abortion in the United States," said Tara Sweeney, communications director of the National Institute for Reproductive Health (Formerly NARAL Pro-Choice New York).

"Donald Trump poses a threat to the rights we've counted on for over 40 years now."

Women in New York are deeply troubled that the new president could undermine decades of work for women's rights, she said.

"He's lit that flame now, and results are going to come of it," Iman K., an executive at an electronic health care company, told Metro.

During his interview on "60 Minutes" on Sunday, Trump reaffirmed his intent to appoint anti-abortion Supreme Court justices that could overturn the 1973 U.S. Supreme Court decision of Roe. v. Wade, sending the issue "back to the states," and making it so that women "perhaps … have to go to another state," he said.

"Nobody should be forced to leave the safety of their communities or states and pay for lodging or travel to get an abortion," said Christina Chang, vice president of public affairs for Planned Parenthood of New York City. Chang noted that since the election there has been a 30 to 50 percent surge in appointments made by patients concerned about losing access to contraception — many inquiring about long-term options such as IUDs.

What makes a Trump presidency possibly the worst ever for abortion rights is the combination of a Republican-controlled Congress and the prospect that Trump could appoint more than one Supreme Court justice.

"It makes the actual movement on damaging policies much more of a possibility," Chang said.

> *"Nobody should be forced to leave the safety of their communities or states and pay for lodging or travel to get an abortion."*
>
> Christina Chang

"Sadly, I don't believe Trump is really anti-choice or pro-life, He is just saying what will keep him popular," suggested Katherine Schrieber, a young writer in New York. "I am extremely concerned for women in states that have already tried to impinge on that right, and using abusive tactics like forcing women to look at ultrasounds. I don't think he realizes the scope of the consequences leaving it to the states will have."

"There's still this assumption that in New York state we are safe," said Sweeney. "I hope the ascendance of Trump/Pence is a wake-up call that nothing is safe now."

New York state had passed a law that legalized abortion in 1970, three years before Roe. v Wade. Yet if Roe v. Wade were to be overturned, the original law would be insufficient to uphold all of the rights and provisions the state relied on in the Supreme Court ruling.

"What they need to do now is take a page from the progressive attitude that brought in the state law, and that would mean updating our abortion law, as battle advocates have been pushing for years, but it is now more necessary than any time we've faced since 1973," said Sweeney.

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Gov. Cuomo: Loyal opposition will battle against 'hateful attitudes'

The New York governor says Democrats will battle far-right proposals that cause pain and turmoil.

GARY KANE
@MetroNewYork
gary.kane@metro.us

Gov. Andrew Cuomo speaks at Democrat Hillary Clinton's election night party at the Javits Center. GETTY IMAGES

While pledging to help President-elect Donald Trump govern on behalf of forgotten Americans, Gov. Andrew Cuomo shared his take on the outcome of the election: "We are soul sick."

In an open letter published Sunday night in the New York Daily News, Cuomo warned that Democrats will honor the election results, but "reject the hateful attitudes" that punctuated the campaign.

"We cannot unhear what we have heard," the governor wrote. "The voices of the Ku Klux Klan, white nationalism, authoritarianism, misogyny and xenophobia. A generally disdainful view of American ideals."

To underscore the influence of the ugliness of the campaign, Cuomo pointed to a softball dugout in Wellsville, New York, where a swastika and the words "make America white again" was spray-painted a day after Election Day.

Swastika graffiti has appeared in other locations as well, including the windows of a vacant storefront in South Philadelphia and the dormitory doors at The New School in Lower Manhattan.

> *"Already it seems almost every far-right Republican under the sun is seeing Trump's electoral college victory a mandate to enact sweeping ideas and radical proposals, regardless of the pain that is inflicted and the turmoil that is caused,"*
>
> Gov. Andrew Cuomo

The governor welcomed Trump's interest in rebuilding the nation's infrastructure. He said the state is eager to work with the federal government on such projects as the Tappan Zee Bridge, a new La Guardia Airport, a new cross-Hudson tunnel and a revitalized Penn Station.

However, the bulk of Cuomo's letter was a rallying cry for the loyal opposition.

"Already it seems almost every far-right Republican under the sun is seeing Trump's electoral college victory a mandate to enact sweeping ideas and radical proposals, regardless of the pain that is inflicted and the turmoil that is caused," he wrote.

Cuomo noted that his father, former Gov. Mario Cuomo, fought his entire life to do what is right and that he would do no less.

"I will fight against the targeting on Muslims, immigrants, the LGBTQ community, and for the rights of all Americans every day I hold office and every day after that."

Prosecutors: Drug lord smuggled heroin aboard Spanish navy training ship

An accused Colombian drug kingpin who authorities say smuggled heroin and cocaine aboard a historic Spanish navy ship was arraigned in New York City Monday after being extradited to the U.S.

Juan Sebastian de Elcano, a training ship for the royal Spanish navy. CREATIVE COMMONS

Jorge Luis Hoayeck, 52, is accused of shipping more than 17 pounds of narcotics on the Juan Sebastian de Elcano, a training ship for the royal Spanish navy, prosecutors said.

Hoayeck and an accomplice, Jorge Alberto Siado-Alvarez, paid $32,000 to navy midshipmen to hide the drugs on the ship and deliver them to distributors in New York, The Wall Street Journal reported.

The 1927 training ship docked near the USS Intrepid on Manhattan's West Side and on May 14, 2014, the midshipmen delivered the drugs to the Bronx, prosecutors said.

Hoayeck faces a slate of charges, including conspiracy, criminal sale of a controlled substance and operating as a major drug trafficker under New York state's kingpin statute. The trafficking charge carries a maximum penalty of life in prison.

An attorney for Hoayeck declined to comment to the Journal.

Colombia is expected to approve the extradition of Siado-Alvarez.

GARY KANE

BRIEFS

Swastika painted, crossed out, on Crown Heights sidewalk

Police are searching for a man who spray-painted a swastika on the street in a predominantly Jewish area of Crown Heights over the weekend.

Surveillance video released Monday shows a man wearing a backpack and gray sweater, walking with another person. The vandal is believed to have spray-painted the symbol with white paint at around 6 p.m. on Saturday on Montgomery Street near Brooklyn Avenue.

The suspect painted the backward swastika in a neighborhood where many Lubavitch Jews live, and then ran west on Montgomery Street, police said.

Rabbi Mordechai Lightstone reported the incident and tweeted a photo and message Sunday morning.

The swastika was covered by a traffic cone, but later in the afternoon, a self-proclaimed anarchist with the Twitter handle @AngryMarxistJew, tagged over the symbol with a video of the act and the warning: "Nazi scum be afraid."

There have been at least five incidents of anti-Semitic graffiti in the area during the last three years, in apartment building stairwells, street signs, on a sidewalk and in an alley, according to news reports.

The mayor's office condemned the act and all "acts of violence in our beautifully diverse city" on Sunday on Twitter. The incident is being investigated by the city's Hate Crimes Task Force.

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Manhattan woman sues Zara after allegedly finding dead rat sewn in dress

New Yorkers are used to rats, but in the subway, not in our fashion.

KIMBERLY AQUILINA
@KimESTAqui
kimberly.aquilina@metro.us

A Manhattan woman filed a lawsuit after she smelled a rat at work.

Cailey Fiesel of Midtown bought two dresses from a Zara store in Greenwich, Connecticut, in July and hung them in her closet. She first wore the black dress to her job in August.

"While at work, she started to notice a disturbingly pungent odor and was unable to identify the source," the Manhattan Supreme Court lawsuit charges, according to the New York Daily News. "Despite getting up from her desk and walking around, she was unable to escape this odor."

"As the day went on, Ms. Fiesel started to notice what felt like a loose string from her dress rubbing against her leg," and "without giving it much thought she reached down with her hand to try and locate the piece of string that was rubbing against her."

"To her utter shock and disbelief, as she ran her hand over the hem of the dress she felt an unusual bulge and suddenly realized that it was not a string that was rubbing against her leg but was instead a leg rubbing against her leg. The leg of a dead rodent, that is," court papers claimed.

"As she ran her hand over the hem of the dress she felt an unusual bulge and suddenly realized that it was not a string that was rubbing against her leg but was instead a leg rubbing against her leg," according to the lawsuit. LAWSUIT

"Ms. Fiesel jumped out of her chair in shock, people surrounded her desk to see what the commotion was while Ms. Fiesel was paralyzed with fear, she then ran to remove the dress," according to the suit. "After removing the dress, she found that a dead rodent was sewn into the hem of the dress."

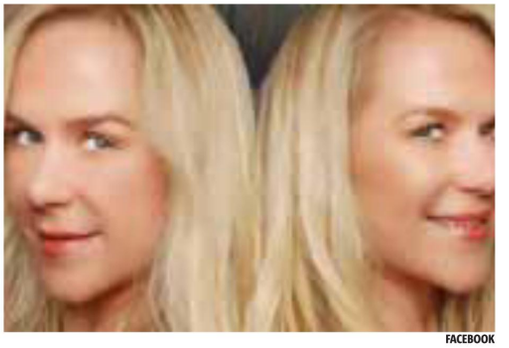
Fiesel alleges she had a rash diagnosed as "rodent-born disease," the New York Post reported, and is also suing for emotional distress.

The garment was sewn in Turkey, according to the label shown in one of the photos included with the lawsuit, but it is unclear when the rodent hitched a ride in the dress.

"The length of time for the rodent to decompose depends on many factors, including size of the rodent, temperature, humidity and accessibility to decomposers like flies," the pest control company Orkin says on its website. "Unfortunately it may take three weeks or more to completely decompose."

That applies to a rat that is trapped in a wall. Orkin also noted that the smell can linger up to two weeks after the rodent body has decomposed.

A representative for the Spanish clothier told TMZ: "Zara USA is aware of the suit, and we are investigating the matter further. Zara USA has stringent health and safety standards, and we are committed to ensuring that all of our products meet these rigorous requirements."



FACEBOOK

Woman accused of killing twin in Hawaii tracked down in NY

A woman accused of killing her identical twin by driving their car off a cliff in Hawaii was captured in Upstate New York after fleeing from a murder charge there.

Alexandria Duval, 38, was charged with second-degree murder for driving off a cliff in Hawaii in May and was being held Monday in a New York jail, reports said.

Duval was tracked down and tried to flee after police spotted her outside an Albany residence, officials said.

Maui police said Duval was driving a Ford Explorer on Hana Highway on May 29 with her sister Anastasia. A fight between the sisters that involved hair-pulling and steering-wheel grabbing caused their SUV to crash into a rock wall and plunge approximately 200 feet onto a rocky shore, witnesses said.

"You could tell that she was very violently swearing at somebody else in the car. She was mad and when she took off, it was in a rage. So she floored it and was in a rage as she sped past us," Boy Scouts chaperone Lawrence Lau told Hawaiinewsnow.com at the time.

Anastasia was pronounced dead at the scene, while Alexandria was airlifted to a hospital in critical condition. She subsequently tried to book multiple flights to the mainland, but was arrested at a hotel and jailed on a second-degree murder for deliberately causing her sister's death. A Hawaii judge later determined there was insufficient probable cause for the charge and ordered her to be released.

But in October, a Maui grand jury indicted her and a warrant was again issued for her arrest.

The sisters, who changed their names from Alison and Ann Dadow in 2014, had operated popular yoga studios in Palm Beach County, Florida, from 2008 to 2014, before relocating to Utah and then Hawaii after running out of money and attempting to reboot their lives, the Daily Beast reported. AMANDA MIKELBERG

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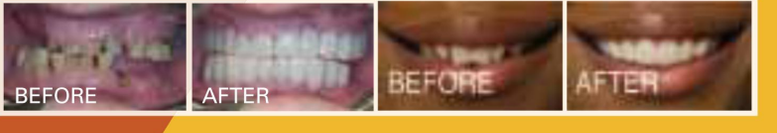

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Journalist and PBS anchor Gwen Ifill dies at 61

Journalist Gwen Ifill, who co-anchored "The PBS NewsHour," wrote a best-seller about President Barack Obama and moderated two vice presidential election debates, died on Monday, the public broadcaster said. She was 61.

Ifill died surrounded by family and friends after several months of treatment for cancer, PBS said in a statement. The network said on Nov. 2 that she would be off the air as she dealt with unspecified health problems.

"Gwen was a standard bearer for courage, fairness and integrity in an industry going through seismic change," said Sara Just, "PBS NewsHour" executive producer.

"Gwen was a standard bearer for courage, fairness and integrity in an industry going through seismic change."

Sara Just

She called Ifill "a journalist's journalist" who combined warmth and authority so well that people on the street who had seen her on television would hug her.

Gwen Ifill GETTY IMAGES

Ifill was moderator and managing editor of "Washington Week," a prime-time news program, and co-anchor and managing editor for "The PBS NewsHour" with Judy Woodruff.

Ifill joined the programs in 1999 from NBC News, where she was chief congressional and political correspondent, according to a biography on the PBS website.

She also had been White House correspondent for The New York Times and a reporter for the Washington Post, Baltimore Evening Sun and the Boston Herald American.

On the PBS NewsHour website, Ifill said in her biography that "public broadcasting provides the best of both worlds - combining the depth of newspapering with the immediate impact of broadcast television."

Ifill was the best-selling author of 2009's "The Breakthrough: Politics and Race in the Age of Obama" and moderated the vice presidential debates during the 2004 and 2008 national elections.

She covered seven presidential campaigns and won the George Foster Peabody Award in 2008 for bringing "Washington Week" to live audiences around the country.

A native of New York and a graduate of Boston's Simmons College, Ifill received more than 20 honorary doctorates. She was included in Ebony Magazine's list of 150 Most Influential African Americans.

In a reaction from Capitol Hill, House of Representatives Speaker Paul Ryan tweeted, "I am saddened to learn about the passing of Gwen Ifill — an incredibly talented and respected journalist."

REUTERS

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BRIEF

US finalizes 'quiet cars' rules to prevent injuries

The U.S. government on Monday finalized long-delayed rules that will require "quiet cars" like electric vehicles and hybrids to emit alert sounds when they are moving at speeds of up to 18.6 miles per hour to help prevent injuries among pedestrians, cyclists and the blind.

The rules, which were required by Congress, will require automakers like Tesla Motors Inc., Nissan Motor Co. and Toyota Motor Corp. to add the sounds to all vehicles by September 2019. The U.S. Transportation Department said it expects the rules would prevent 2,400 injuries a year by 2020 and require the addition of alert sounds to about 530,000 2020 model vehicles.

The U.S. National Highway Transportation Department said the rules will cost the auto industry about $39 million annually because automakers will need to add an external waterproof speaker to comply. But the benefits of the reduced injuries are estimated at $250 million to $320 million annually.

NHTSA estimates the odds of a hybrid vehicle being involved in a pedestrian crash are 19 percent higher compared with a traditional gas-powered vehicle. About 125,000 pedestrians and bicyclists are injured annually.

The rules will also help the blind and visually impaired.

"This is a common-sense tool to help pedestrians, especially folks who are blind or have low vision, make their way safely," said NHTSA Administrator Dr. Mark Rosekind in a statement.

REUTERS

Snowden warns of increase in US domestic spying after Trump victory

Snowden lives in Moscow under an asylum deal. He spoke at a teleconference hosted by Buenos Aires University's law school.

Edward Snowden GETTY IMAGES

Donald Trump's election as president raises concern that Washington may increase the intrusiveness of domestic intelligence gathering, former U.S. spy agency contractor Edward Snowden said on Monday, warning that democratic checks and balances were losing ground to authoritarianism.

"We are starting to substitute open government for sheer authoritarianism, a government based not upon the principle of informed consent granted by people who understand its activities but rather a trust in personalities, a trust in claims, a trust in the hope that they will do the right thing," Snowden said.

Washington pledged not to engage in indiscriminate espionage following Snowden's 2013 disclosures. But Snowden questioned if that policy could be modified by new officials "who have a very different set of values and can govern in the dark."

"If government does actually win our trust, because they go for some years and they do operate in a way that we should support, what happens when it changes?" he asked.

"This is kind of the challenge that we're facing today in the United States with the result of the last election."

Supporters see Snowden as a whistleblower who boldly exposed government excess. But the U.S. government has filed espionage charges against him for leaking intelligence information

Trump, who scored an upset win over Democrat Hillary Clinton in last Tuesday's election, broke with many in his own Republican Party during the campaign and emphasized his success as a businessman and reality TV show star. He promised sweeping security measures to deal with the threat of attacks on the United States.

His election was greeted with concern from the American Civil Liberties Union over statements he made during the campaign supporting increased surveillance of U.S. Muslims, mass deportation of illegal immigrants, reauthorization of waterboarding and changing libel laws to increase press restrictions.

Snowden, asked if he thought the election of Trump, who has praised Russian President Vladimir Putin as a strong leader, might increase chances of him being pardoned by the U.S. government, responded: "Who knows?"

REUTERS

"If government does actually win our trust, because they go for some years and they do operate in a way that we should support, what happens when it changes?"

Snowden

BRIEF

Wisconsin judge orders release of nephew in 'Making a Murderer' case

A federal judge in Wisconsin on Monday ordered the release of Brendan Dassey, who was imprisoned for life for helping his uncle kill a freelance photographer in 2005 in a case spotlighted in the Netflix documentary "Making a Murderer."

Based on Magistrate Judge William Duffin's order, Dassey, who has been incarcerated more than a decade, could be released within 90 days unless prosecutors attempt to retry him.

Dassey, now 27, and his uncle, Steven Avery, were convicted in separate trials of killing photographer Teresa Halbach at Avery's home in Manitowoc County, Wisconsin. Halbach's charred remains were found in an incineration barrel and a burn pit on Avery's property, about 80 miles north of Milwaukee.

Dassey was convicted of first-degree intentional homicide, second-degree sexual assault and mutilation of a corpse. Avery was found guilty of first-degree intentional homicide and being a felon in possession of a gun. Dassey was sentenced by the court to life without parole.

In August, Duffin ruled the guilty verdict returned by a trial jury in 2007 against Dassey was based on a coerced confession he gave as a 16-year-old youth with a learning disability.

Duffin said the confession obtained by investigators violated Dassey's constitutional rights.

Wisconsin Attorney General Brad Schimel on Monday said that he intends to file an emergency motion in the Seventh Circuit seeking a stay of the release order.

REUTERS

Georgia man found guilty of murder in toddler son's hot-car death

He was found guilty of all eight counts. Jurors deliberated over four days.

A jury on Monday found a Georgia man guilty of the murder of his toddler son, who died in June 2014 after being left in his car seat for seven hours on a sweltering day outside his father's suburban Atlanta workplace.

Justin Ross Harris, 35, faces life in prison for the death of 22-month-old Cooper Harris, whom he was accused of killing in order to pursue a new life without his wife and child.

The murder allegations were the most serious of the eight charges against Harris, who also stood trial on charges including child cruelty and sex crimes related to explicit texts that he sent to a teenage girl.

During the five-week trial, prosecutors argued that Harris intentionally left his son to die in a locked SUV outside his office. Phone and internet records show Harris was sending explicit messages for much of the day when his son was dying inside the sweltering car.

The defense countered that the death was accidental, saying Harris was a flawed man who simply forgot his son was in the car.

Harris, who did not testify, wept many times during the trial, particularly when pictures of his dead son were shown to the jury. On Monday, he remained stoic as the verdicts were read. REUTERS

Justin Ross Harris POOL PHOTO

ACLU urges probe into transgender teen's suicide in Maine jail

Civil rights advocates called on Maine officials to mount a special investigation into the death of a transgender male teenager who was held in the female wing of a state youth detention center about two weeks ago.

The American Civil Liberties Union and GLBTQ Legal Advocates and Defenders urged the state's attorney general to appoint an investigator with experience in issues relating to lesbian, gay, bisexual and transgender people to look into the death, which it said occurred some time between Oct. 29 and Nov. 2, while the teenager was on suicide watch.

State officials have confirmed that a teen died at the Long Creek Youth Development Center in South Portland, but have not provided details, according to local media. State corrections officials did not immediately respond to a request for comment.

The ACLU and GLAD groups said that multiple sources confirmed the teen's death was a suicide.

"Not only is it critical to understand what happened with this young person, but this death raises urgent, substantial concerns about the conditions, policies, patterns and practices at Long Creek and the health, safety and well-being of transgender, lesbian, gay and bisexual youth," lawyers from the ACLU and GLAD wrote in a letter to Maine Attorney General Janet Mills made public.

A spokesman for Mills declined to comment.

Transgender rights issues have soared into U.S. public consciousness over the past year, with issues including people's right to use public toilets and locker rooms that correspond with their gender identity becoming a topic of fierce debate. REUTERS

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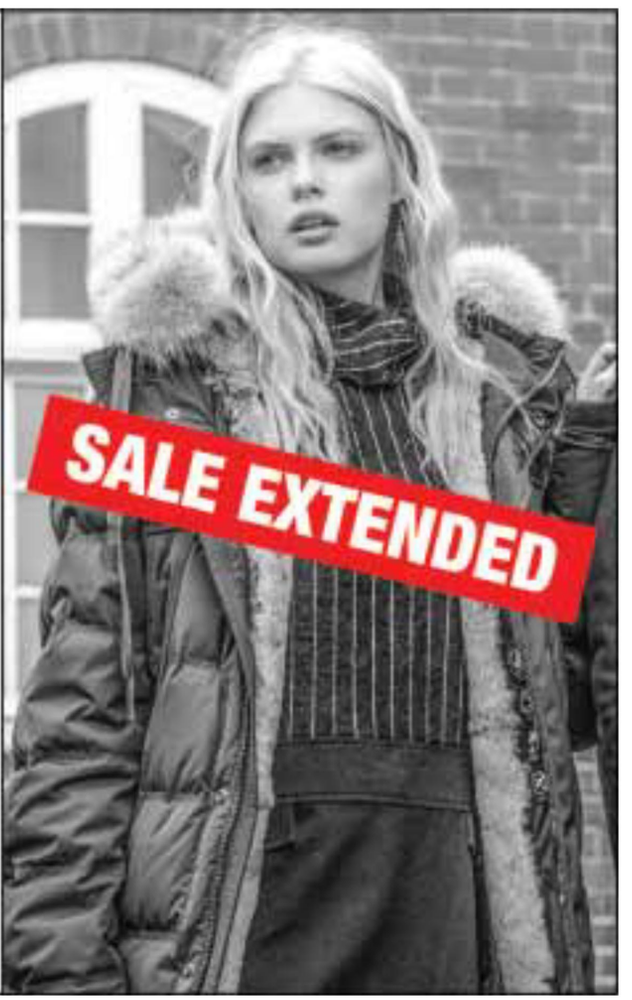

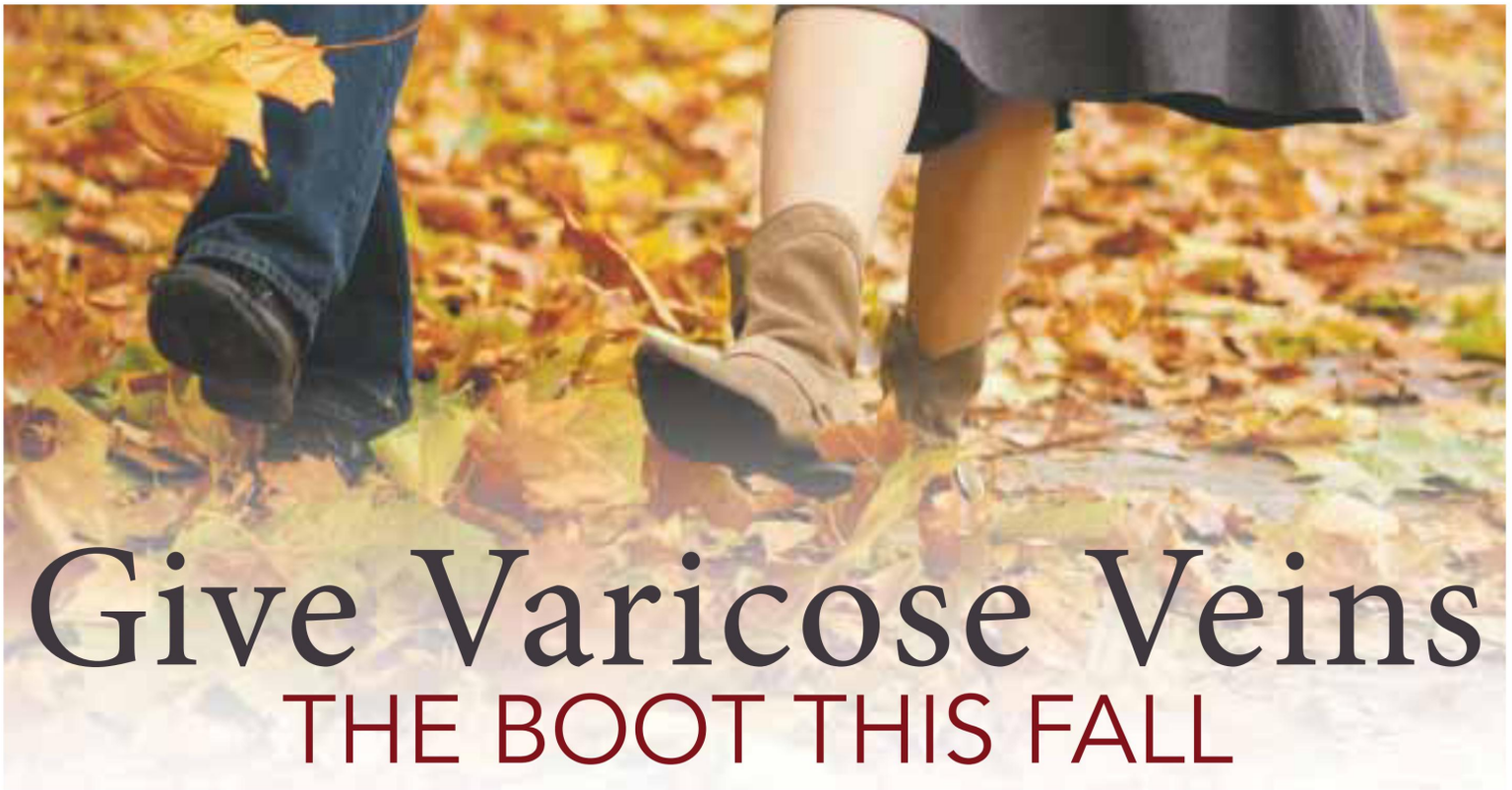

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Russian police find evidence of fraud during parliamentary election

Russian police have said they found evidence of fraud at a polling station where Reuters reporters saw irregularities during a Sept. 18 parliamentary election that was won by a party loyal to the Kremlin.

A police unit in the region of Mordovia wrote in a letter to Reuters that it had investigated and found signs of criminal fraud at polling station No. 591. It said it had handed over the case to the Investigative Committee, the state body which decides whether to bring criminal charges.

"As a result of a check, it was established that there is an indication of a crime defined by chapter 142.1 of the Russian Criminal Code (falsification of election results)," it said.

Russia is sensitive to allegations of electoral fraud. While the recent election passed off quietly, the previous parliamentary and presidential votes in 2011 and 2012 led to the biggest and most sustained demonstrations since President Vladimir Putin took office at the turn of the millennium.

The police letter was the first official acknowledgement fraud may have taken place. Election officials had said last month the Reuters findings were unproven.

On voting day, Reuters sent reporters to a sample of 11 polling stations across central and western Russia. They witnessed counting discrepancies, multiple voting, ballot stuffing and other irregularities.

The Kremlin Spasskaya Tower at the Red Square in Moscow. GETTY IMAGES

> *"As a result of a check, it was established that there is an indication of a crime defined by chapter 142.1 of the Russian Criminal Code (falsification of election results)."*
>
> A letter from a police unit in the region of Mordovia

At polling station 591 in the Mordovia regional capital of Saransk, about 400 miles southeast of Moscow, reporters counted 1,172 voters but officials recorded a turnout of 1,756.

At the same polling station, a Reuters reporter obtained a temporary registration to vote, and cast a ballot for a party other than the pro-Putin United Russia. During the count, officials recorded that not a single vote had been cast for that party.

One man was observed casting two ballots, the second about 20 minutes after the first.

"I don't think there was any fraud," Irina Fedoseyeva, who was the chief election official on duty at the station, told Reuters by telephone on Monday. She said she had been questioned by an investigator and the checks were still under way.

The Central Election Commission said earlier, in an official reply to Reuters questions about polling station 591, that it was impossible to count voters with complete accuracy and multiple voting allegations could not be investigated without the voter's name.

The lost ballot, according to election officials, could have been among two ballots which were declared invalid at the polling station, but it was impossible to establish for sure because of voter confidentiality. REUTERS

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Donald Trump poses daunting new challenge for Germany's Merkel

On virtually every issue of importance to the German chancellor, from confronting Russian aggression and promoting free trade to combating climate change and tackling the tide of refugees fleeing Syria, Trump seems likely to turn Washington from an ally into an adversary.

Angela Merkel GETTY IMAGES

Donald Trump's victory has been a shock for America's major partners around the world. But perhaps nowhere has the blow been more painful than in Germany, a country that under Angela Merkel has come to see itself as a bastion of openness and tolerance.

Trump invoked the German chancellor's name to insult his Democratic opponent Hillary Clinton during the campaign, calling her "America's Merkel." And he described her decision last year to open German borders to hundreds of thousands of migrants as "insane."

So although Trump's election is being seen as a rejection of the political establishment and liberal democratic values in general, it represents a very personal blow to Merkel, Europe's most powerful leader.

It heaps more responsibility on her at a time when she is nearing an announcement on whether she will run for a record-tying fourth term as chancellor next autumn.

Despite the toll that 11 years of nonstop crisis fighting has taken on her, Merkel's aides say that Trump's victory and Britain's decision in June to leave the European Union have, if anything, reinforced her determination to continue.

"Given the challenges we face, in Europe and beyond, she can't simply walk off into the sunset. That would look very bad. She has a sense of responsibility," said an adviser.

Germans have been falling out of love with the United States since George W. Bush invaded Iraq more than a dozen years ago. But the election of Barack Obama in 2008 was seen here as proof of America's capacity to correct its "mistakes."

Obama was hailed as the heir to John F. Kennedy, who came to a divided Berlin in 1963, two years after construction of the Berlin Wall began, and reassured Germans with the words "Ich bin ein Berliner." Obama, who developed a close relationship with Merkel in his eight years in office, will make what promises to be a bittersweet farewell visit to Berlin this week.

Trump's win heralds a hard break in a relationship that grew extremely close during the Cold War, before wobbling when Germany refused to go along with Bush's Iraq war and was derided by his Defense Secretary Donald Rumsfeld as "old Europe."

Last week, Germany's Suddeutsche Zeitung newspaper published a cartoon of a beaming Trump opening his jacket to reveal the message "Ich bin kein Berliner" (I am not a Berliner) plastered across his chest.

This won't stop Merkel, a restrained politician who prefers small steps to giant leaps, from trying to work with the brash Trump, who rode to victory on the dreamy promise to "Make America Great Again."

She is a pragmatist who has maintained dialogue with strongmen like Vladimir Putin and Tayyip Erdogan through crises in Germany's relationship with Russia and Turkey.

But Merkel's statement on Wednesday, in the aftermath of Trump's election, was telling. In it, she set conditions for cooperation with Trump, a provocative message from a close ally to the democratically elected leader of the United States.

"Germany and America are connected by values of democracy, freedom and respect for the law and the dignity of man, independent of origin, skin color, religion, gender, sexual orientation or political views," she said. "I offer the next president of the United States close cooperation on the basis of these values." REUTERS

"Germany and America are connected by values of democracy, freedom and respect for the law and the dignity of man, independent of origin, skin color, religion, gender, sexual orientation or political views."

Merkel

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BRIEF

Minnesota man sentenced to time served in Islamic State case

A Somali-America man from Minnesota was sentenced to time already served Monday for conspiring to join the Islamic State militant group in Syria in 2014, according to local media reports.

Abdullahi Yusuf, 20, was given no additional prison time and ordered to spend the next year in a halfway house by U.S. Judge Michael Davis, the Minneapolis Star Tribune reported.

He will also have to serve 20 years of supervised release, according to KMSP, a local Fox news affiliate, which reported that Yusuf had spent 22 months in custody.

Yusuf is one of three men scheduled to be sentenced Monday in Minnesota for attempting to aid Islamic State, which holds swaths of territory in Iraq and Syria.

Yusuf was stopped by FBI agents at Minneapolis-St. Paul International Airport in 2014 as he sought to fly to Turkey. He pleaded guilty to conspiring to support Islamic State in February of 2015.

"I no longer believe in that ideology nor would I ever consider it again," Yusuf said, according to KMSP. "The only reason I'm alive today is because I was stopped at the airport."

Judge Davis was reluctant to sentence Yusuf longer, KMSP said, because he was concerned about the prison system's ability to rehabilitate Yusuf.

The Minneapolis area is home to a large population of Somali expatriates. U.S. authorities have said dozens of young Somali-Americans have left the area since 2007 to join al Shabaab, an al Qaeda affiliate based in Somalia.

REUTERS

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US safety board calls for tougher rail oversight

Passengers rush to safety after a NJ Transit train crashed in to the platform at the Hoboken Terminal in September in Hoboken, New Jersey. GETTY IMAGES

The National Transportation Safety Board on Monday urged federal regulators to improve oversight of rail-transit systems following a series of accidents and improvements in trains to prevent passenger deaths and injuries in crashes.

The board cited the crash in Chicago of a train that collided with the bumping post at O'Hare International Airport, injuring 33, and the January 2015 accident in Washington's subway system in which heavy smoke from electrical arcing led to one death and 92 injuries as part of why it wants stronger oversight.

"Creating and enforcing safety standards and accountability in rail safety oversight will compel transit agencies to address safety issues and increase system maintenance," the NTSB said.

The board also said says train deaths could be prevented with improved railcar crashworthiness, including better window retention. The NTSB also said better evacuation procedures could have minimized injuries and prevented deaths.

The NTSB is an independent agency that proposes safety fixes but does not have enforcement powers. The board is also investigating the crash of a Sept. 29 New Jersey Transit train that killed one and injured 110 in Hoboken.

The NTSB also made other recommendations in its annual review of highest priority transportation safety issues, including calling for new efforts to eliminate distractions in transportation crashes, including vehicle accidents. Many of those accidents are the result of inattentive drivers looking at mobile phones, and the board wants states to toughen laws against using cellphones or texting behind the wheel.

The board again called for improved efforts to ensure the safe shipment of hazardous materials, including lithium batteries.

REUTERS

"Creating and enforcing safety standards and accountability in rail-safety oversight will compel transit agencies to address safety issues and increase system maintenance."
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US internet firms ask Donald Trump to support encryption, ease regulations

U.S. internet companies have sent Donald Trump a detailed list of their policy priorities, which includes promoting strong encryption, immigration reform and maintaining liability protections from content that users share on their platforms.

The letter sent by the Internet Association, a trade group whose 40 members also include Alphabet's Google, Uber and Twitter, represents an early effort to repair the relationship between the technology sector and Trump, who was almost universally disliked and at times denounced in Silicon Valley during the presidential campaign.

"The internet industry looks forward to engaging in an open and productive dialogue," reads the letter, signed by Michael Beckerman, president of the Internet Association, and seen by Reuters.

Some of the policy goals stated in the letter may align with Trump's priorities, including easing regulation on the sharing economy, lowering taxes on profits made from intellectual property and applying pressure on Europe to not erect too many barriers that restrict U.S. internet companies from growing in that market.

Other goals are likely to clash with Trump, who offered numerous broadsides against the tech sector during his campaign.

They include supporting strong encryption in products against efforts by law enforcement agencies to mandate access to data for criminal investigations, upholding recent reforms to U.S. government surveillance programs that ended the bulk collection of call data by the National Security Agency, and maintaining net neutrality rules that require internet service providers to treat web traffic equally.

Donald Trump GETTY IMAGES

The association seeks immigration reform to support more high-skilled workers staying in the United States. Though Trump made tougher immigration policies a central theme of his campaign, he has at times shied away from arguing against more H-1B visas for skilled workers, saying in a March debate he was "softening the position because we need to have talented people in this country." REUTERS

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Lessons for the tech world from Pixar's former CFO

Steve Jobs' right-hand man talks the ups and downs of startup life.

LAKSHMI GANDHI
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Lawrence Levy says people always ask him three things after they discover he used to be the chief financial officer of Pixar.

"They want to know was it was like to work for Steve Jobs, they want to know why I left Pixar and the final question is — and I am paraphrasing a little here — but it's 'Do I have to be a jerk to succeed?'" says Levy, the author of the book "To Pixar and Beyond."

Levy wants to assure everyone aspiring to work in the world of tech that it's not necessary to be an awful person to thrive.

"My answer is always, 'No, you don't have to be a jerk to succeed,'" he says. "But it is possible to succeed if you are a jerk. But if you want to carry yourself with dignity, that is a choice you can make." Here are his three survival tips.

A shift in thinking

The first step is to ignore the often incorrect stereotype of what Silicon Valley is really like. "We do build up that myth that you have to be a jerk" if you run a company, Levy notes. "Sometimes there is a bravado that is built up, but there's nothing that says you can't be a decent human being that's trying to do good in the world."

Levy tried to channel that just after he arrived at Pixar in 1994. Before the spectacular success of "Toy Story" the following year, Pixar's employees were disenchanted and struggling with low morale. Levy writes that he spent his first few weeks listening to employees and starting conversations with workers about how the company could turn things around.

There will be growing pains

Startups are notorious for working their employees hard and sometimes it can be hard to know if sticking around is worth it. "The No. 1 question you should be asking is 'Are you benefiting [from your job] in some way?'" says Levy. "It may not be the perfect environment, but it should be balanced with the question of 'Is this serving me in some way?'"

Remember there is life beyond the office

Working 24/7 will cause you to lose perspective. "The key challenges in life are not how busy we are or how hard we are working," says Levy. "If we want to feel good about ourselves, it's not enough to invest in outer things. We have to make investments as well in our inner life."

That's why Levy urges all employees to make sure they take the time — even if it just a few minutes a day — to either meditate or do something else that will help them stay present. The hectic tech lifestyle "is culturally based, and we can shift those paradigms to something healthier," says Levy.

Author Lawrence Levy CRISTINA TACCONE

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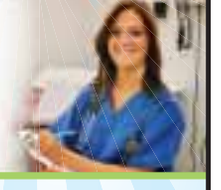

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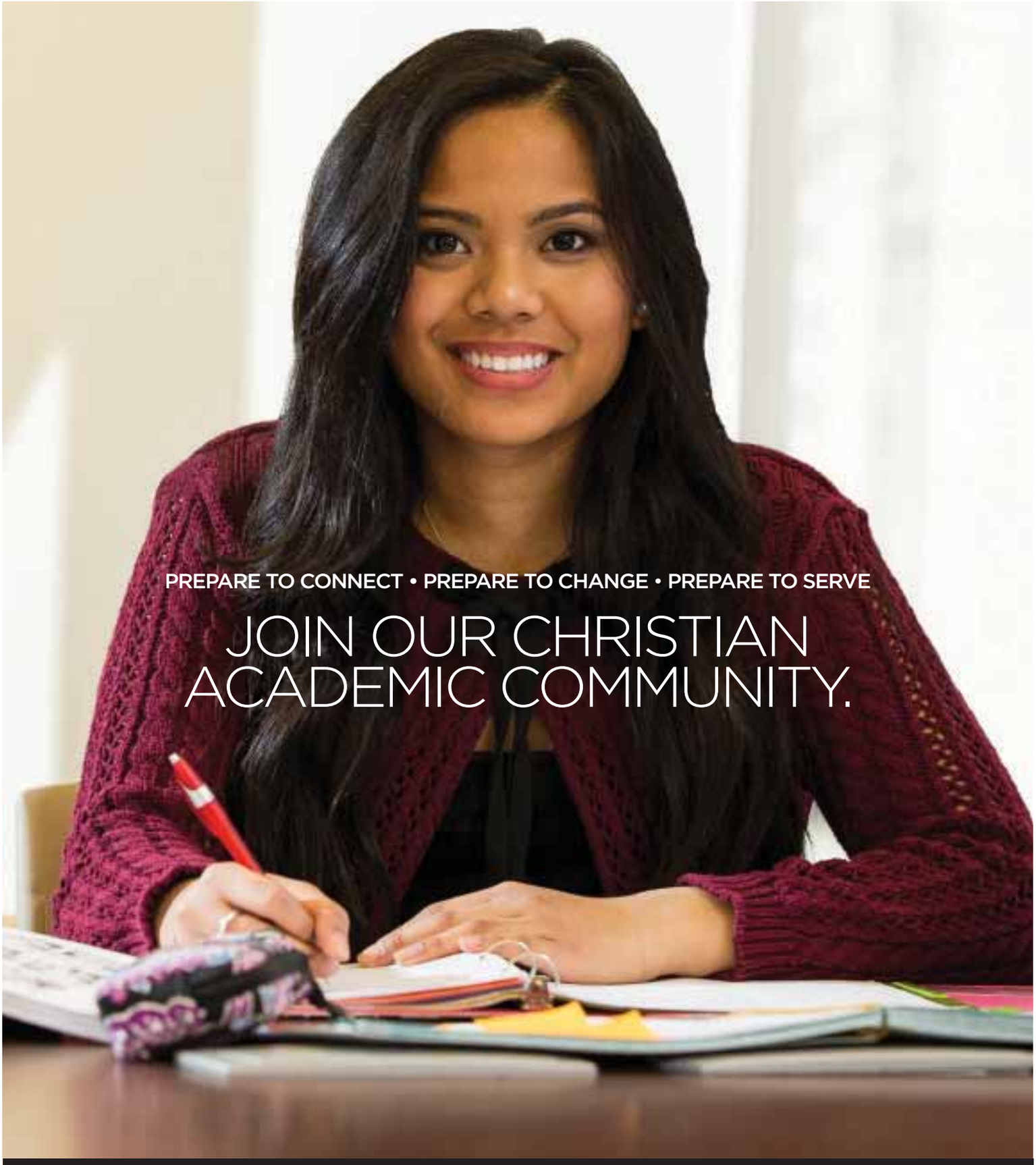

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More parents saving more money for kid's college

Most feel confident they will be ready when tuition bill arrives.

The number of parents saving for college and the amounts they are saving are both at four-year highs, according to "How America Saves for College 2016," a recent national study by Sallie Mae and conducted by Ipsos.

The new report reveals that 57 percent of today's parents are saving for college, up from 48 percent in 2015, and the average amount saved is $16,380, up from $10,040 the year prior.

In this climate of increased savings, over half of all parents feel confident they'll be able to meet college costs, and the vast majority of parents who have set a savings goal are confident they'll meet their goal.

"These higher levels of optimism, confidence and savings correspond with other economic trends we're seeing, such as declines in unemployment and increased optimism about the economy among the U.S. public," says Julia Clark, senior vice president at Ipsos Public Affairs.

Here are some of the report's key findings:

Millennials most committed

Millennial parents — age 35 or younger — feel more confident than other generations about meeting college costs, and they're more committed to saving for college. More Millennials are saving (65 percent versus 50 percent of Gen X parents and 61 percent of baby boomer parents), and millennials have saved more money ($20,155, on average versus $12,428 for Gen Xers and $18,323 for baby boomers).

When it comes to paying for college, a greater percentage of millennial parents believe the parent should be solely responsible compared to their Gen X and baby boomer counterparts.

More 529 college savings plans

While use of 529 college savings plans among parents rose to 37 percent, up from 27 percent the prior year, these tax-advantaged plans still lag far behind general savings accounts, despite the fact that those who use 529 plans save roughly 25 percent more, on average.

More parents making plans

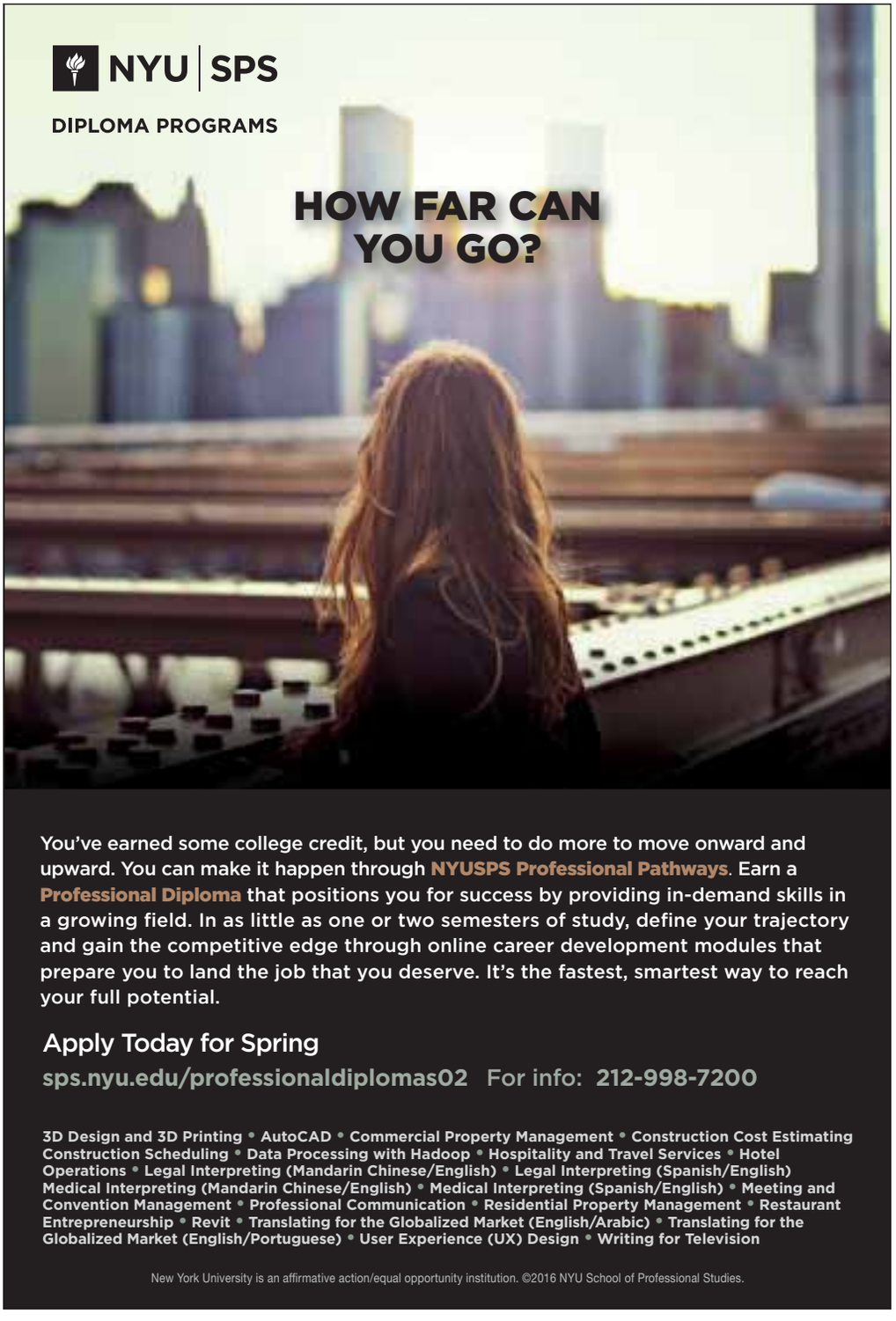
The proportion of parents with a plan to pay for college rose to 51 percent in 2016, up from 42 percent in 2015. Parents with a plan save significantly more: $18,389, on average, compared to the $10,468 reported by parents without plans.

Additionally, nearly three-quarters of parents agree that students are more likely to attend college if they know savings have been set aside for them.

"Preparing for college requires significant personal and financial commitment, and it's gratifying to see so many parents, and especially younger parents, taking proactive measures to make college possible," says Raymond J. Quinlan, chairman and CEO of Sallie Mae.

If your family is currently saving for college or planning to get started, the experts at Sallie Mae recommend the 1-2-3 approach: first, open a savings account; second, set a goal and make deposits regularly; and third, explore tax-advantaged options such as 529 college savings plans.

"Above all, these study results provide tangible evidence of the value parents continue to ascribe to higher education," says Quinlan. STATEPOINT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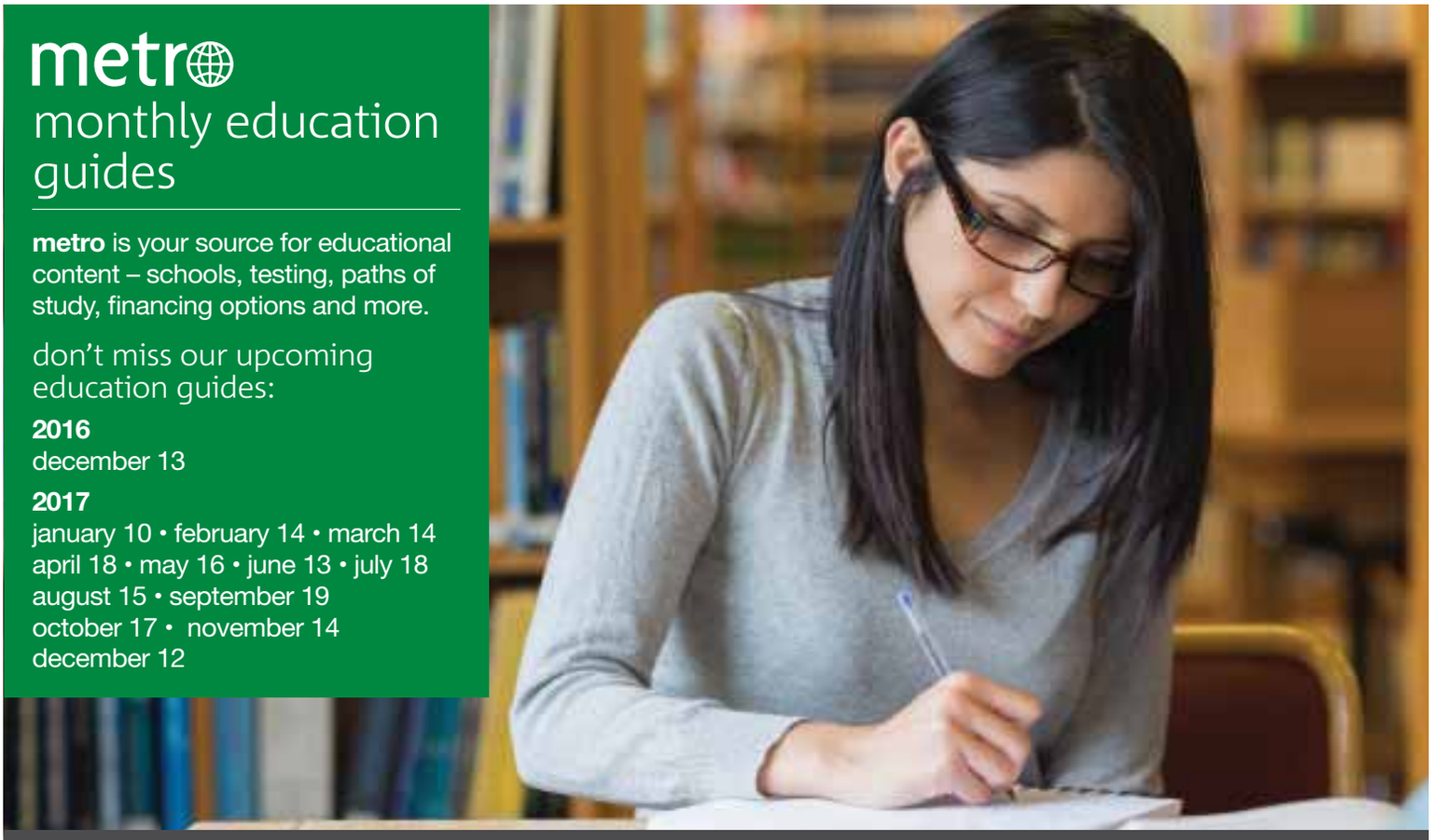

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NYC vows ISIS will not ruin Thanksgiving parade

The largest U.S. city has prepared for such attacks in the past and will be prepared again, John Miller, deputy police commissioner for counterterrorism, said at a news conference.

The NYPD patrol the 89th Macy's Thanksgiving Day Parade. GETTY IMAGES

New York City police sought to reassure residents and tourists on Monday that they would be safe attending the city's Thanksgiving Day parade despite the militant group Islamic State calling on its followers to attack the event with trucks.

"Come to the Thanksgiving Day parade. Have a good time. Bring your family. I always go. I always bring mine," he said.

The holiday celebration, featuring enormous balloons shaped like cartoon characters high above Manhattan, is scheduled to be broadcast nationwide the morning of Nov. 24.

Islamic State, in the latest edition of its online magazine Rumiyah, suggested that readers use motor vehicles to kill and injure people.

The article was accompanied by photos of rented moving trucks and of the Macy's Thanksgiving Day Parade, which the magazine called "an excellent target."

"What you see is the psychological warfare of printing materials that indicate, 'Be afraid, be very afraid.' We never accede to that," Miller said.

New York police speak regularly with companies that rent trucks, and they use vehicles to block certain roads at large gatherings such as the Thanksgiving Day parade, Miller said.

Security authorities have been on alert for truck attacks since Bastille Day this year, when a delivery man plowed a refrigerator truck into a crowd of revelers in Nice, France, killing 84 people and injuring hundreds more.

Islamic State, which controls swathes of Iraq and Syria and seeks to inspire attacks by others abroad, claimed responsibility for the July 14 attack. REUTERS

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Supermoon rising

The supermoon, is seen rising behind the Soyuz rocket at the Baikonur Cosmodrome launch pad in Baikonur, Kazakhstan.

Crowds look on as the super moon rises behind the Fremantle War Memorial at Monument Hill in Fremantle, Australia. ALL PHOTOS BY GETTY IMAGES

The moon sets behind people fishing on a pier in Redondo Beach, California.

The "supermoon" is seen behind the "Madonnina" statue at Piazza del Duomo in Milan, Italy.

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Rudy Giuliani a finalist for secretary of state

Former New York Mayor Rudy Giuliani has been dropping not-so-subtle hints about his desire to play a large role in President-elect Donald Trump's inner circle and it seems dreams come true.

A senior Trump official told The Wall Street Journal that Giuliani is the favorite for secretary of state, a position that could have gone to John Bolton, the former US ambassador to the United Nations, who was also a finalist.

Giuliani downplayed his position potential on ABC News over the weekend, saying "I have a very, very full life. So it would have to be something where I felt he really needed me and — not that I'd be the only one that could do it, but maybe that I could do it a little bit different or a little bit better than somebody else."

Former New York City Mayor Rudy Giuliani GETTY IMAGES

The official, who spoke on the condition of anonymity, told The Wall Street Journal that the isn't much competition – the job is Giuliani's if he wants it, according to PIX11.

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Kendall Jenner deletes Instagram

Kendall Jenner's Instagram account is gone. Vanished. Disappeared into the internet abyss. Haven't we been through enough this month already?

The supermodel deleted her social-media account Sunday, according to Perez Hilton. This move comes just days after Kendall's alleged stalker, who was convicted only of trespassing for showing up at her house and following her into the driveway in August, was released from jail. There's a good chance that she made the move to feel safer and protect herself from unwanted attention.

Kendall's Twitter and Facebook account are still active. However, Kim hasn't updated her page in over a month, making us down two "KUWTK" kast members on Instagram. If any of the other famous sisters deletes her account, we might need to declare a state of emergency.

Lindsay Lohan name dropped in Vegas battery case

Imagine this: You're in Vegas and two Russian dudes rush your hotel room with questions about a girl you met at a music festival several months before. You tell them you've stayed silent about the girl in question but they beat you up anyway.

It's like a tale straight out of "The Hangover." But it's real life. And the unnamed 24-year-old guy that reported this story to police says actress Lindsay Lohan is the mystery girl responsible for all the attack. According to the police report obtained by TMZ, the victim met Lohan at Coachella in April. While he was staying at Excalibur in Vegas last month, the two henchmen confronted him about allegedly talking smack about the actress. Coincidentally, Lindsay used to date a Russian, Egor Tarabasov, whom she claimed was abusive.

Lindsay denies that she even knows the guy, and police say he isn't cooperating with the investigation, so the case has been closed. But to stay on the safe side, don't mess with Linsday.

Kourtney Kardashian and Scott Disick spark romance rumors

Kourtney Kardashian and her babydaddy, Scott Disick, have had a tumultuous on-again, off-again relationship for the past 10 years. The couple officially called things off in 2015.

But photos of the couple on a family vacation in Cabo St. Lucas, Mexico, this weekend have many fans raising their eyebrows. The paparazzi snapped pics of the couple in their bathing suits looking cozy and happy.

While E! News insists that this getaway is just a continuation of the friendship that the duo — who have three children together — established since their separation, none of us are convinced. We agree with sister Khloé's "KUWTK" assessment of the situation: They're definitely getting back together. It's just a matter of when.

Don't fall for it, Kourtney!

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Why Knee And Hip Arthritis Pain Sufferers Are Flocking To This Manhattan Medical Clinic To Relieve Pain And Avoid Joint Replacement Surgery

Knee Arthritis Pain Breakthrough?

Real Doctor's Advice On The Most Advanced Medical Treatments For Knee Arthritis Pain

"The Knee Arthritis Treatment Everyone Is Talking About..."

By Matt Edgar
America's Heath Writer

NYC - Modern medicine has come a long way.

The success stories and lives saved are endless.

And now, through advanced technology and science - skilled medical doctors are helping more knee and hip arthritis pain sufferers than ever before.

In just a moment, I'm going to reveal some of these incredible arthritis pain techniques...

So you can possibly relive some or all of your pain...

Just like thousands of others already have.

I bet many of these former arthritis pain sufferers were just like *you.*

But first, I have to tell you about this - it's very important information so you can make the very best decision about relieving your arthritis pain.

It will also help you avoid costly and painful mistakes.

Ready for some great arthritis pain relief information? Ok, here we go...

The Two Arthritis Treatment Paths...

The first thing to understand, is that there are basically two treatment paths you can choose to go down when you are looking for relief to knee or hip arthritis pain.

One path is non-surgical. You do not want surgery (who does!) so you do everything you can to avoid it.

You take pain pills, do physical therapy and exercises and maybe you even changed you diet.

Nothing worked. The pain progressively got worse until you couldn't stand it anymore.

Because you did not get the proper treatment - your joints decayed past the point of no return. Now they are basically "bone on bone" and the doctor told you there is no other option. You need...

The Dreaded...

joint replacement surgery.

I will admit - some people do need joint replacement surgery.

This procedure has come a very long way in recent years.

For some, at a certain point, this is the way to go.

But - and this is a very big but... even though this procedure has improved dramatically... it is not without risk.

In fact, a $500 million verdict in a lawsuit was just awarded to patients who received faulty hip implants during hip replacement surgery.

Some of the damage being reported from the faulty hip replacements sounds horrific.

There is no doubt, joint replacement surgery should be your last resort.

But too many people think they need joint replacement surgery when you do not.

In fact, many respond extremely well to a medical treatment approach that is finally becoming much more popular.

This is...

Treatment Path #2

This treatment path is non-surgical but it probably NOT what you are thinking.

It is NOT pain pills and grueling exercises. We think it is...

Much better

It is a treatment that actually puts vital lubricating gel directly into your arthritic knee or hip joint.

This is extremely important because when you have arthritis, you lose lubricating fluid in your joints.

In other words, your joints basically "dry up."

This causes joint surfaces to rub together causing all kinds of problems including brutal PAIN.

As time goes on - the joint wears out more and more and the pain can be excruciating.

The medical procedure I am speaking about is called...

viscosupplementation. During this procedure a FDA approved gel-like medicine is placed directly into the joint space.

This allows the joint to glide freely and move much better again.

This decreases the abnormal rubbing and wear and tear and, in many cases, decreases or even eliminates pain.

Sounds Great Right?

It does But... viscosupplementation has not worked for many people.

There are two very important reasons why:

If you have knee or hip arthritis pain and want to relieve your pain without surgery - or if you have already tried viscosupplementation without good results - what you are about to discover will be extremely important...

The first reason some people did not get good results with viscosupplementation is... bluntly... this is a real medical procedure done by real medical doctors.

This is NOT a "wonder cure" sold by slick marketers.

In the real world of medicine and science, no treatments work 100% of the time or on everyone. And no good and ethical doctor would make such a claim or guarantee any results what-so-ever.

So, there are some people that will not get results with this treatment.

Reason #2

To assure the best possible results, this treatment requires expensive advanced technology and a skilled medical doctor with experience doing this procedure.

For this treatment to have the best chance to work, the lubricating gel must be placed precisely into the joint space. Thats why **"Precision Arthritis Targeting Technology"** or PATT is always used. PATT uses a special medical camera and fluorosocpic imaging to guide the procedure and make sure the gel-like medicine gets exactly where you need it.

Many doctors doing this procedure do not use this advanced digital imaging and do these procedure either under ultrasound or "blind."

No Difference?

They say there is no difference - but research shows that doctors doing joint injections without being guided by the proper imaging ***completely miss the joint space about one third of the time.***

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Oh, hell yes

Ingrid Michaelson on her Hell No Tour and songs too difficult to perform.

RACHEL RACZKA
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rachel.raczka@metro.us

Ingrid Michaelson released her most personal album to date this fall. SHERVIN LAINEZ

Ingrid Michaelson charmed fans with her quirky glasses and ukulele, singing songs about her sweater and the catchiest stream of internal neurosis ever. Fast-forward to her seventh album, "It Doesn't Have to Make Sense," which dropped in August, and the Staten Island-bred singer-songwriter isn't quite as upbeat. Faced with the death of her mother and divorce, Michaelson unapologetically sings about heartache, tragedy and well, acceptance and subsequent joy. She declares it an indulgence in a "myriad of emotions" when she picks up the phone in San Francisco, where she and her crew are about to depart for Alcatraz for a daytime excursion.

"It Doesn't Have to Make Sense" came from some very sad personal times in your life. Was the songwriting process therapeutic?

I wasn't even planning on writing; it just sort of happened. It took me about a year and a half to finish, and I didn't even know what the album was going to be about — but then, I never know until a record's over and I look back and am like, "OK, so that's what it is." This one is about human emotion, the highs and the very lows of the last few years. I found myself feeling guilty for having these joyful moments, but after talking to people, I decided my mother wouldn't want me to be so, so very sad all the time. I think the record celebrates every corner of your emotional experience. I was trying to quantify the world and define everything after my mom passed away, so that's why this record was so different.

Is there anything on the album that's been particularly difficult to perform live?

I lost my mom about two-and-a-half years ago, and much of the record is about her. And there's one song that's very, very sad. I played it the first night, but I can't play it again. It's too much. You have to figure out what are the songs you can't physically play for one reason or another live, and that one, I need more time to go by before I can sing it again.

Can we discuss the video for "Hell No," which is essential you singing the song through a series of Snapchat filters? Was that filmed on Snapchat?

Of all the social-media outlets, that's the one that strikes me. You can't take yourself seriously on Snapchat. And I thought, "How funny would it be if we made a video using all of the filters?" I just woke up each day and was like, "So what's the latest filter?" and did a couple takes and edited them all together after a month. It took about two hours. [Laughs] It was very inexpensive. It's my most inexpensive video yet, and one of my favorites.

PROVIDED

And on the bigger screen, you're due to star in Sam Hoffman's "Humor Me" with Jemaine Clement. Any spoilers?

I have a pretty substantial role, so it's pretty exciting. I play a down-on-my-luck musician and a ... drug and alcohol user. It's very funny and sweet. I haven't seen it yet, so I can't tell you much except that it's coming up.

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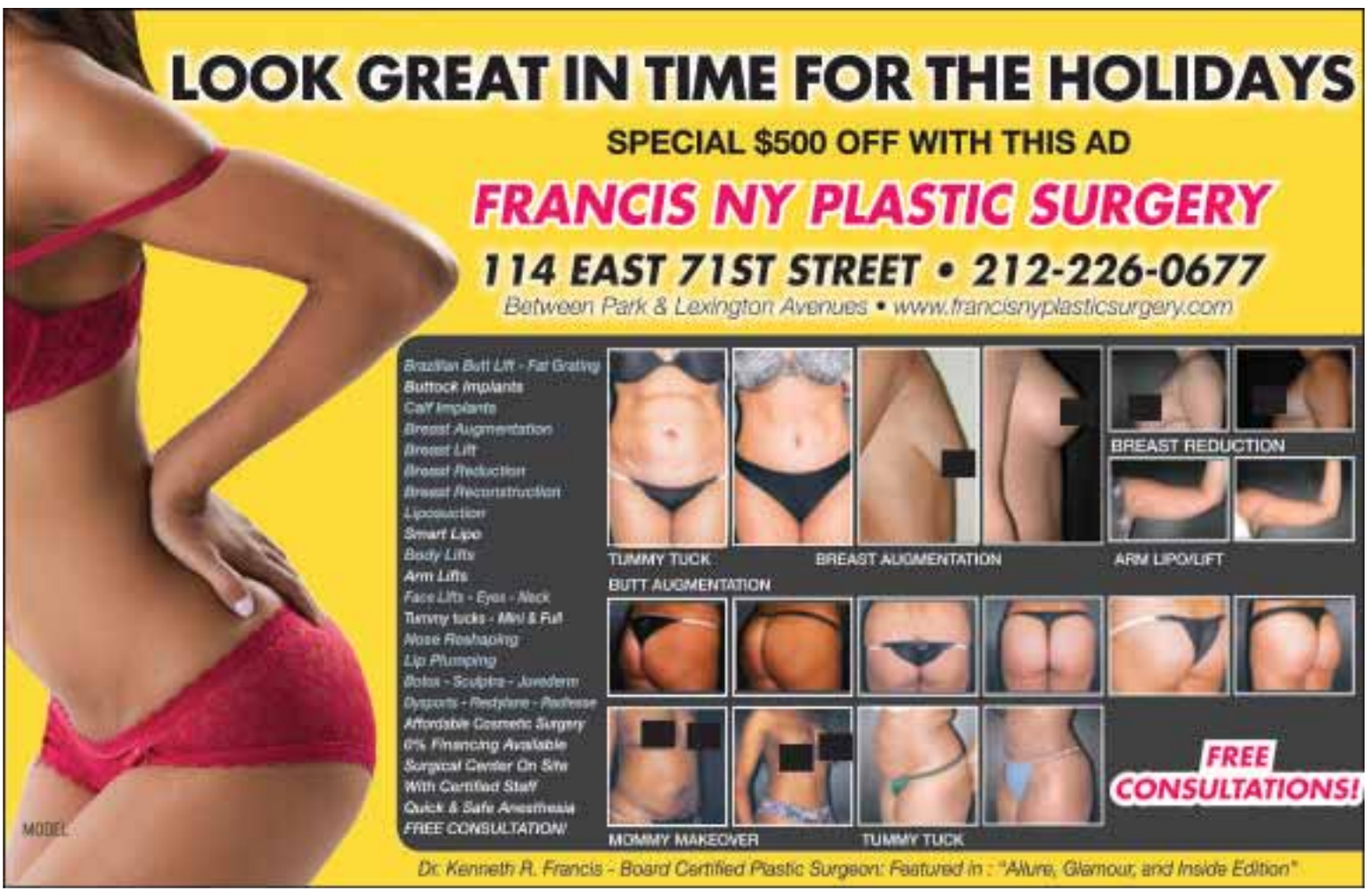

A wild and serious guy

Steve Martin talks about his history of dramas, including the new "Billy Lynn's Long Halftime Walk."

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See Steve Martin, as a scheming NFL team owner, in Ang Lee's "Billy Lynn's Long Halftime Walk," in theaters Friday. SONY

Steve Martin studied philosophy in college. He's written novellas, he's an avid art collector and he's starred in dramas like "Pennies from Heaven" and "The Spanish Prisoner." Oh, and he's also released numerous stand-up albums, wrote and starred in countless comedies like "The Jerk" and is a comic genius. He likes both high and low, which is why it's no shock he's in "Billy Lynn's Long Halftime Walk," the latest from two-time Oscar-winner Ang Lee. He has a small role: The film centers around an Iraq War soldier (played by Joe Alwyn) who reminisces about his traumatic tour while his troop is honored at a football game. Martin plays the scheming owner of the Dallas Cowboys, who's trying to help snag them a movie deal.

Since "Billy Lynn" is a drama, I wanted to ask about 1981's "Pennies from Heaven," where you have dance numbers interspersed with some of the saddest dramatic scenes ever committed to film.
That was a fantastic process. I had to learn to tap dance. [Laughs] And I love the premise of the movie. I met Dennis Potter [the writer], and I had seen the original BBC television version. I was so knocked out by it. I was honored to be in it.

Was it hard convincing the filmmakers you could do a serious movie at that point?
I actually believe the movie was so uncommercial that the studio wanted someone commercial. That's how I got it. Because I had just finished "The Jerk," and that was a big hit. I was ready to go, because I didn't know where to go with comedy anymore. I think I really got it by default.

You've had dramatic roles throughout your career since, too. One of the best is David Mamet's "The Spanish Prisoner," where you're actually terrifying.
I loved doing that. Although I feel even in comedies, like "Father of the Bride" or "Cheaper by the Dozen," there's actually drama in those movies. There's very emotional scenes between the father and the kids or the father and the wife.

And there's always the argument that all comedy is serious and comes from a darker place.
Well, no, I don't make that argument. [Laughs]

GETTY IMAGES

With Mamet, you're almost a kind of puppet. He has very precise dialogue and very precise ways you're supposed to occupy space in the frame. That's fine with me. I took pride in doing what he wanted and saying his dialogue exactly as written. Sometimes you have to find a way into it. With "Waiting for Godot" [which he did onstage in the '80s] the dialogue is often broken and short and it stops and starts over. I realized, in life, that's the way people talk.

And you don't want to riff on Samuel Beckett, or on Mamet.
No, no. [Mamet's] very particular about that. Even with the "uhs." He writes in all the "uh" and the "ers."

If you missed an "uh" or an "er," would he yell?
I don't think so. But I tried to keep them all anyway.

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Michael Stuhlbarg remains optimistic

Michael Stuhlbarg, left, plays a CIA operative helping with the attempt to find ways to communicate with visiting aliens in "Arrival." PARAMOUNT PICTURES

The actor talks "Arrival" and how he still thinks humanity would do the right thing.

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Michael Stuhlbarg is everywhere right now. The actor, best known for "A Serious Man" and "Boardwalk Empire," has a small role in "Doctor Strange." He plays the head of a lobbying firm in "Miss Sloane," starring Jessica Chastain. And he's a CIA operative in "Arrival," in which government agents try to find a way to communicate with aliens who've showed up on our planet. His character is tasked with playing the middleman between a linguist (Amy Adams) and a scientist (Jeremy Renner) working to decipher their language and the military, who aren't sure if our guests are nice.

Watching "Arrival" right now is a bit surreal, as it depicts the government patiently and cautiously dealing with a mysterious alien race. I'm a bit more gloomy about how we'd handle that right now.

Who knows how we would handle such a thing? I'd like to believe we would be careful, that we would take our time, that we would bring as much kindness and positivity into our interactions with a foreign being. I'm hopeful and I'm optimistic, generally. But it's hard to say, because people panic. [Laughs]

You're not playing a scientist or even one of the military leaders. You're the CIA operative who has to be the medium between them. How did you approach someone who has to know how to talk to both sides?

I imagined my guy dealt with geniuses all the time. His job was to take responsibility for all the information, to make sure it was disseminated properly, to make sure everybody who needs to know what's going on knows what's going on. They could drop my guy in the middle of wherever and he will organize things.

When you talked to operatives in similar positions, what did you find about what they have to deal with?

They have so much information to sift through — so much reading, so much compilation, so much responsibility in terms of relaying information. My guy is more of an organizer. He's useful in terms of organizing things making sure the right people got the right information.

You've said you haven't seen one of your other new movies, "Miss Sloane." Have you found time to catch "Doctor Strange"?

No, I still haven't seen that either. [Laughs] I've been working. I haven't had the chance to see anything yet.

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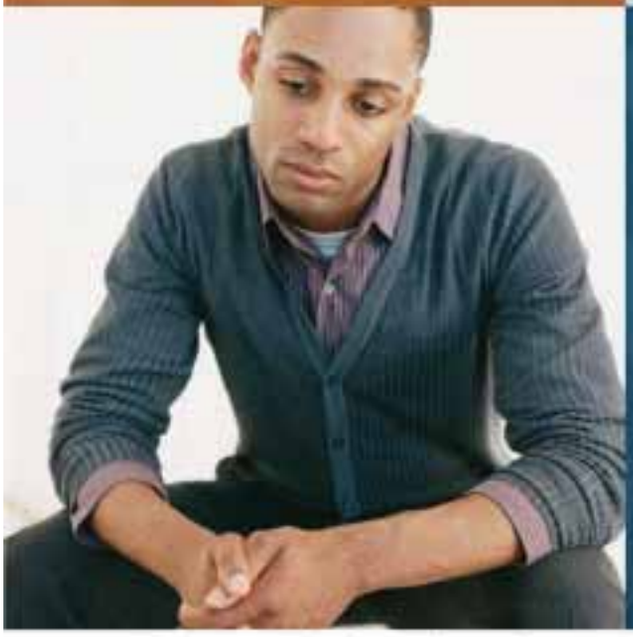

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Emily Pizza and Hometown Bar-B-Que collaboration comes to Umi Kitchen

You can order the limited-edition "Umi Loves Emily" sandwich for delivery Nov. 15-16.

KATE MOONEY
@MetroNewYork
letters@metro.us

Umi Kitchen, the delivery app that brings homemade meals to your door, has released a signature collaboration between two of your favorite Brooklyn-based restaurateurs.

Emily and Matt Hyland of Clinton Hill's Pizza Loves Emily and Billy Durney of Red Hook's Hometown Bar-B-Que have teamed up to create a Brooklyn-based love child.

The Umi Loves Emily sandwich ($16) combines Hometown Bar-B-Que pulled pork on a Tom Cat pretzel bun with Emily sauce, crispy onions and red cabbage slaw.

It's essentially a barbecue spin on the much-lauded Emmy burger, which merges dry-aged beef with caramelized onions, Grafton cheddar, cornichons and Emmy sauce on that same Tom Cat pretzel bun and goes for $26.

UMI LOVES EMILY JILL RITTYMANEE

"Pizza Loves Emily has always valued our community, and Umi is a special part of the Brooklyn food world," says Emily. "We thought it would be fun to pop-up as Umi chefs to share a delicious sandwich collaboration."

Umi founder Hallie Meyer comments, "It's amazing that through Umi we can give NYC chefs an opportunity to share the signature home-cooked dishes they love to cook with people in their community who can enjoy them at the comfort at their own family dinner table."

The respective pizza and barbecue strongholds have collaborated before. At Williamsburg's Taste Talks in September, Emily and Matt teamed up with Billy to create a dish for Sunday's All Star Barbecue Theme: grilled pizza with pulled pork, creamy ranch slaw, pickles and crispy onions.

The dish is available to order for delivery in Brooklyn and Manhattan on Nov. 15 and 16 until 2 p.m. for same-day delivery. With only 36 orders available each day, you'd do well to order stat! They say it *might* end up on the menu at Pizza Loves Emily in the future; we'll just have to try it now and then wait and see.

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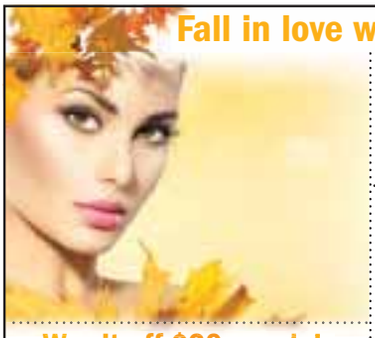

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Michelle Obama: First lady of style

We recall the looks that defined her years in the White House

LUZ LANCHEROS
Metro World News
letters@metro.us

Michelle Obama wore Jason Wu for inauguration night in 2009.
ALL PHOTOS GETTY IMAGES

There is so much we'll miss about Michelle Obama: her elegance, her kindness, her vegetable garden, her appearance on "Carpool Karaoke" and of course, her firece wardrobe choices. The first lady — a Harvard-educated lawyer from the South Side of Chicago — enchanted the country with her spirit and her style.

And much of her sartorial success is thanks to her stylist, Meredith Koop, who has been with FLOTUS since 2009. She started her career as a sales associate at Chicago's high-end Ikram boutique, where the two met.

With Koop's guidance, the first lady has dazzled in great American designers, such as Ralph Lauren, Oscar de la Renta, Carolina Herrera, Michael Kors, Narciso Rodríguez, Joseph Altuzarra and Naeem Khan, among others. But more importantly she helped put up-and-coming designers on the map, as well as elevate the fashion cred of more accessible brands, like J. Crew and Ann Taylor.

The first lady understands that fashion communicates an important message to the public. During state visits, she pays respect to each country by championing local designers. In Tokyo, she wore Kenzo and in London, Christopher Kane. She shows cultural and social awareness and never draws criticism for squandering the public's purse on high fashion. In fact, she pays for them herself.

She has also embraced the media, the December issue marks the third time the first lady's has graced the cover of American Vogue. And her work is reflected not only in her popularity, but also as a trendsetter. The Narciso Rodriguez dress she wore for her husband's State of the Union speech sold out, despite its hefty $2,095 price tag.

Can her successor follow in her footsteps? It's too early to know. But Michelle Obama will go down in history as a woman who knew how to play politics with fashion. We take a look at some of her recent fashion hits.

Glitter grows up

Sparkle has gone high-brow — just in time for the holidays.

RACHEL RACZKA

Gone are the days of sticky, saccharine roll-on shimmer and tacky, glitter hair gel — the fashion world has made it clear that wearable sparkle is here to stay, and brands have come prepared with sophisticated, luxury formulas.

We blame it on Pat McGrath and her epically spectacular Lust 004 Lip Kits, which gave models glitter-encrusted pouts in shades like Bloodwine and Vermillion Venom at the DKNY runway show this fall. Then we blame the Instagram-savvy festival goers, and their shimmering candy-colored locks and braids. And then, we just blame ourselves, because glitter is irresistible and the holidays are perfect time to indulge. Here are some of our favorites.

Gigi Hadid sparkles backstage at Fendi during Milan Fashion Week. GETTY IMAGES

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Getting an IUD: What to consider

MAKE HEALTHY YOUR NEW HAPPY

Women are rushing to make appointments before Trump's inauguration.

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Following Donald Trump's win Tuesday, you may have seen a trend on your social-media feeds: Many women are talking about getting IUDs (intrauterine devices) before the president-elect's January inauguration. And it's not just online chatter: Planned Parenthood representatives have reported an increase in calls made to schedule IUD appointments in the last week.

Women are concerned about losing access to contraception, preventative and procedural, under a Trump presidency. There is ample reason to be worried: Trump has said in his 100-day plan he plans to repeal the much of the Affordable Care Act, which requires insurers to cover FDA-approved methods of birth control, from pills to IUDS.

He's also been vocal about appointing anti-abortion Supreme Court justices, with the goal of getting Roe vs. Wade overturned. He said Sunday on "60 Minutes" that if the decision were returned to the states, some women seeking abortions "would have to go to another state."

While we can only guess what Trump might accomplish during his term, it can't hurt to prepare for the worst-case scenario. An IUD, which is effective for three to 10 years depending on the type, is the most effective birth control method — at more than 99% effectiveness, according to Planned Parenthood. Getting one now could safeguard you against unwanted pregnancy through a Trump presidency and beyond.

While effectiveness is the main draw, convenience is a big bonus. No need to remember any pills or prescriptions or shots or fuss with sponges or diaphragms. (But condoms are always a good idea if you're in a nonmonogamous relationship.)

What do you need to know about getting one? We asked Dr. Laura MacIsaac, MD, MPH and director of family planning for the Mount Sinai Health Systems, to give us a primer.

Mount Sinai provides roughly 1,000 IUDs a year, and according to MacIsaac, they're "the most effective [birth control] with the least amount of side effects."

What is an IUD, and how does it work?

An IUD is a small, often T-shaped device that's inserted into the uterus to prevent pregnancy. It uses either hormones or copper to thicken cervical mucus to block sperm from fertilizing the egg.

Insertion

The procedure of getting an IUD inserted, while brief, can be painful for women who haven't had children yet and therefore haven't had their cervix dilated. In that case, MacIsaac normally recommends a high dose of Motrin with food before the procedure.

The two main categories of IUDS: hormonal and copper.

"The bleeding pattern is the biggest difference, and duration of action is second," says MacIsaac of the two options.

The four hormonal products, which MacIsaac describes as "sisters that are much more the same than different," all use levonorgestrel, a progestin hormone, which goes into the uterus and is not systemic—meaning it's undetectable in the blood stream. "When people hear 'hormonal IUD' they think hormonal birth control and they think the pill, and that it has all the same risks as the pill, which is completely wrong thinking," MacIsaac explains.

These IUDs use different doses of the hormone, which affect how long they last and how much they suppress your period. Mirena and Kyleena are approved for five years and Liletta and Skyla, for three. With Liletta and Mirena, about 20 percent of women see their period stop after a year, compared to 6% with Skyla and 12% with Kyleena. The patient experience is roughly the same, says MacIsaac.

The copper option, ParaGard, lasts for 10 years and is hormone-free. Women who have heavy periods and cramping should know its major side effect is it makes periods even heavier and cramps worse.

"If it's a purely economic argument, there's no question that the copper IUD wins, because it has the longest duration of action and it's the less expensive," says MacIsaac.

Getting it removed

Once you remove your IUD, you regain fertility immediately. Any physician or nurse practitioner, can remove it, so if you were to lose your health insurance under Trump, as long as you can get to a doctor's office and pay the appointment fee, you can take care of it.

Is there anyone who shouldn't get one?

"There are only a few contraindications," says MacIsaac. For some women with an irregular shape to their uterus, called a uterine anomaly, an IUD often doesn't stay in well, she says. A patient who has breast cancer shouldn't use a hormonal IUD, because lab studies have shown the levonorgestrel could stimulate tumor growth in cancer cells.

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Rangers continue to rack up points

The Blueshirts have an impressive 65 goals on the season thus far.

DENIS GORMAN
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The Rangers have registered an impressive 65 goals so far this season as a team. GETTY IMAGES

The New York Rangers are in a zone.

Literally and figuratively.

"For us it's a question if we can get the puck quicker," Rangers head man Alain Vigneault said after the Rangers' 5-0 win over the St. Louis Blues at the Garden on Nov. 1, when asked about playing a zone scheme in the defensive zone. In Vigneault's first three years a coach of the Rangers, the Blueshirts played a man-to-man system. "We're a lot faster in being able to counterattack and use that speed, whether it be deep in our zone or in that neutral zone. So far there's no doubt that it's paid dividends."

Indeed, following a weekend sweep of Calgary and Edmonton by an aggregate 7-2 score, the Rangers find themselves with a Metropolitan Division-leading 12-4-0 record. Their 24 points are second most in the NHL, behind only the Canadiens' 27.

The Rangers have scored an NHL-best 65 goals–an average of 4.06 goals per game–and their plus-29 goal differential also leads the league.

Of the Rangers' 65 goals, five have been scored by defensemen. Dan Girardi has three, while Marc Staal and Nick Holden have one apiece. Rangers blueliners have accounted for 41 of the team's 174 points accumulated by skaters.

"We're making plays when they're there," Staal said after the win over the Blues. "When they're not we're not forcing it. That's allowing us to be effective."

Staal stressed the team's efficiency is not limited to the offensive and neutral zones.

"We're making confident plays in our own end," Staal said. "It's on us to get out of our end zone quickly and create those chances that we've been getting."

An attacking, self-assured defensive corps was not necessarily what many envisioned for the Rangers entering this season. Following a 46-27-9 2015-16 regular season, the Rangers were dispatched by Pittsburgh in five games, creating questions whether this group which has accomplished much in its tenure had seen its Stanley Cup window close.

A rebuild was in order, and a vocal percentage on social media demanded Staal and Girardi be moved, their no-move contracts be damned.

Both remained in place and had four-and-a-half months to recover from previous playoff campaigns and lingering injuries.

"You have injuries, short summers, surgeries, things like that," Steal said. "It's tough to build up to the strength you're accustomed to playing with, so having three or four months before the season to gear up makes a huge difference in your preparation.

"So yeah, it was a big advantage for both of us."

Along with his goal, Staal has two assists for three points while averaging 19:29 of ice time per game spanning 26.8 shifts. Girardi's 17:37 of ice time per game is fifth most on the team, as is his 24.8 shifts per game. He has three assists for six points to go along with his three goals, and is averaging .50 points per game.

"I'm so happy for him," Henrik Lundqvist said after Girardi scored the game-winning goal in the Rangers' 3-2 Garden win over the Coyotes on Oct. 23. "He's been working really hard, getting ready for camp, getting ready for the season. Then right away he has to sit out for a few games, that's never easy but I just love the way he competes out there.

When he gets the game-winner like that, it's all smiles here."

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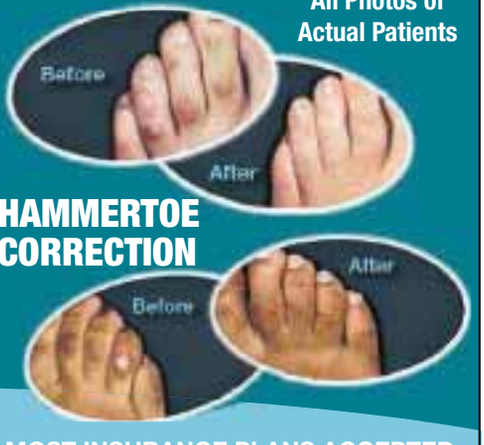

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THE REACTION AND NON-REACTION OF ATHLETES AFTER TRUMP'S WIN

MARC MALUSIS

OPINION

Marc Malusis is a columnist for Metro New York and a host on WFAN and CBS Sports Radio. @marcmalusis

Warriors coach Steve Kerr and Spurs coach Gregg Popovich have been outspoken regarding Donald Trump. GETTY IMAGES

It has been a strange week for all of us. I sat down to write my column for this week and was thinking of ideas and the only thing that I wanted to write about was the presidential election. That seems to be the thing that matters right now, and the stunning election results has rocked this nation and left many gasping for air. Certainly, the result last Tuesday was like an earthquake in our country.

When you step out of the box or maybe your comfort zone, you're often told to stay in your lane on social media, especially if you cover sports. This week it was difficult for anyone to stay in their lane, especially after the election of Donald Trump as our 45th president.

This election season was long and terrifying at times. It was never a good look for our nation, and I can only imagine what other nations thought looking at us as all this went down. There are many reasons why Hillary Clinton lost and Trump won. They were both very flawed candidates and that is not even debatable. This column is not a breakdown of the politics of it. Where she went wrong. What he did right. How did we get here? We are such a divided nation right now and it appears like it will get worse before it gets better. On TV, there are daily marches in uproar against the president-elect. I went down to the Fifth Avenue protest this past week and it was not paid protesters, it was men and woman of all ages who were scared and worried after listening to Mr. Trump's divisive rhetoric on the campaign trail.

I don't know what the next four years will be like. But I do appreciate when athletes voice their opinions on the election regardless of whom they voted for. I loved what Steve Kerr, Gregg Popovich and Stan Van Gundy had to say because we all know what people have been thinking about this week and it is important for everyone to be able to voice their opinion, no matter who they voted for.

However, I don't appreciate the fact that Colin Kaepernick didn't vote. After all, our elected officials can help bring about real change in our communities. He is fighting for social injustice and I have no issues with him taking a knee during the national anthem. I believe that is his right as an American citizen. That being said, his decision not to vote was a mistake. After all, we are a democracy, which literally means rule by the people.

"Both are proven liars and it almost seems like they're trying to debate who's less racist," Kaepernick said of the choices. "You have to pick the lesser of two evils, but in the end, it's still evil."

Certainly, you can feel that way, but deciding not to exercise you right to vote does not help to bring about the change that he seeks. It actually undermines his message. If you want to be a leader, you need to lead.

I also think Alabama head coach Nick Saban came across very poorly during this election season.

"It was so important to me that I didn't even know it was happening," Saban said of the election. "We're focused on other things here."

Now, Saban is a smart guy in football and life. The idea that he had no idea that we were electing our next president is silly. He knew, but he did not want to talk about it for whatever reason. He is a leader of young men and in doing so, needs to send the message to the young men that he coaches at Alabama. He is smart enough not to address it, but if he thinks it makes him look good that he is just focused on football, it does not. His apparent singular focus on football is silly.

I expected more of Kaepernick and Saban. I think we need to start listening more and I do think it is important for our athletes to speak their minds. With how divided our country appears to be, now more than ever, it is important to not stay in your lane.

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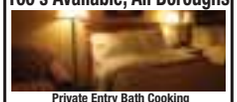

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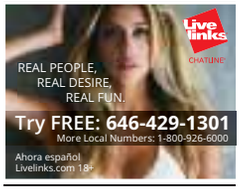

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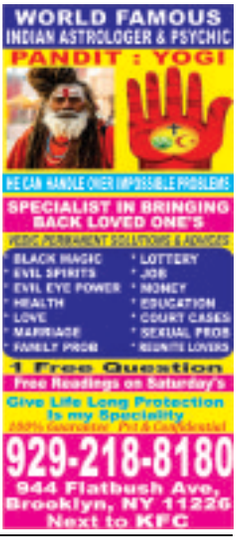
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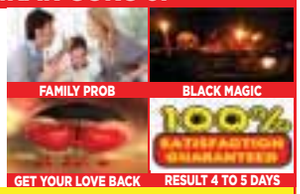

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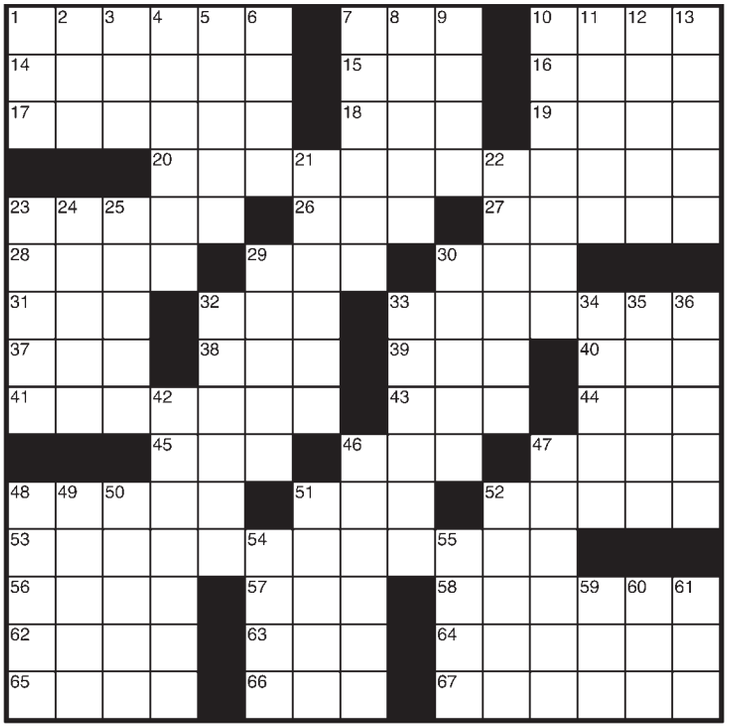

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hard

7							9	
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Aries It's a good day to get things done. Work independently if it will deter others from slowing you down. A short trip will give you something to think about.

Taurus A change at work shouldn't disrupt your productivity. Hunker down and finish whatever you are responsible for. What you accomplish will secure your position.

Gemini If you make plans that will challenge you mentally, physically and emotionally, you will attract interesting people. Try to help others, but don't get taken for granted.

Cancer Secret matters are best kept that way. Someone will try to disclose information that will be harmful to your plans. Don't overspend when trying to impress others.

Leo Bringing about change that you believe is necessary will encourage new friendships and a better understanding of gratitude. Speak on behalf of those who cannot.

Virgo You need to pay more attention to what's going on at your home and within your relationships. Go out of your way to keep the peace and put others at ease.

Libra Changes at home will encourage greater cash flow. Check out your vocational options and pick up information that will help you improve your earning potential.

Scorpio You have to show strength and courage if you want to get ahead. Don't let anyone take control or coax you to overspend. Do your own thing and avoid discord.

Sagittarius Partnerships are best dealt with openly. Don't be afraid to share your feelings and to let others know where you stand and what your intentions are.

Capricorn You must keep things in perspective. It will be easy to miscalculate, leaving you at odds in any given situation involving others. Self-improvement is your best bet.

Aquarius You should take an energetic approach to your life, responsibilities and personal and professional goals. The more you do, the more you will get in return.

Pisces Giving false information or divulging personal secrets will put you in a vulnerable position. Protect yourself against being misinterpreted. EUGENIA LAST

Yesterday's answers

T	A	L	C	■	W	A	R	D	S	■	V	E	N	T
O	L	E	O	■	E	T	H	O	S	■	O	M	O	O
I	M	A	N	■	B	R	O	W	N	S	T	U	D	Y
L	A	R	V	A	■	I	N	N	■	Y	E	S	E	S
■	■	■	E	N	S	U	E	■	O	R	■	■	■	■
P	H	A	N	T	O	M	■	P	A	I	S	L	E	Y
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M	I	A	■	S	I	L	L	■	E	X	C	I	T	E
P	O	R	C	H	E	S	■	P	A	R	A	D	E	D
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I	N	C	A	S	■	B	T	U	■	Y	E	L	P	S
T	O	O	T	H	F	A	I	R	Y	■	S	A	R	A
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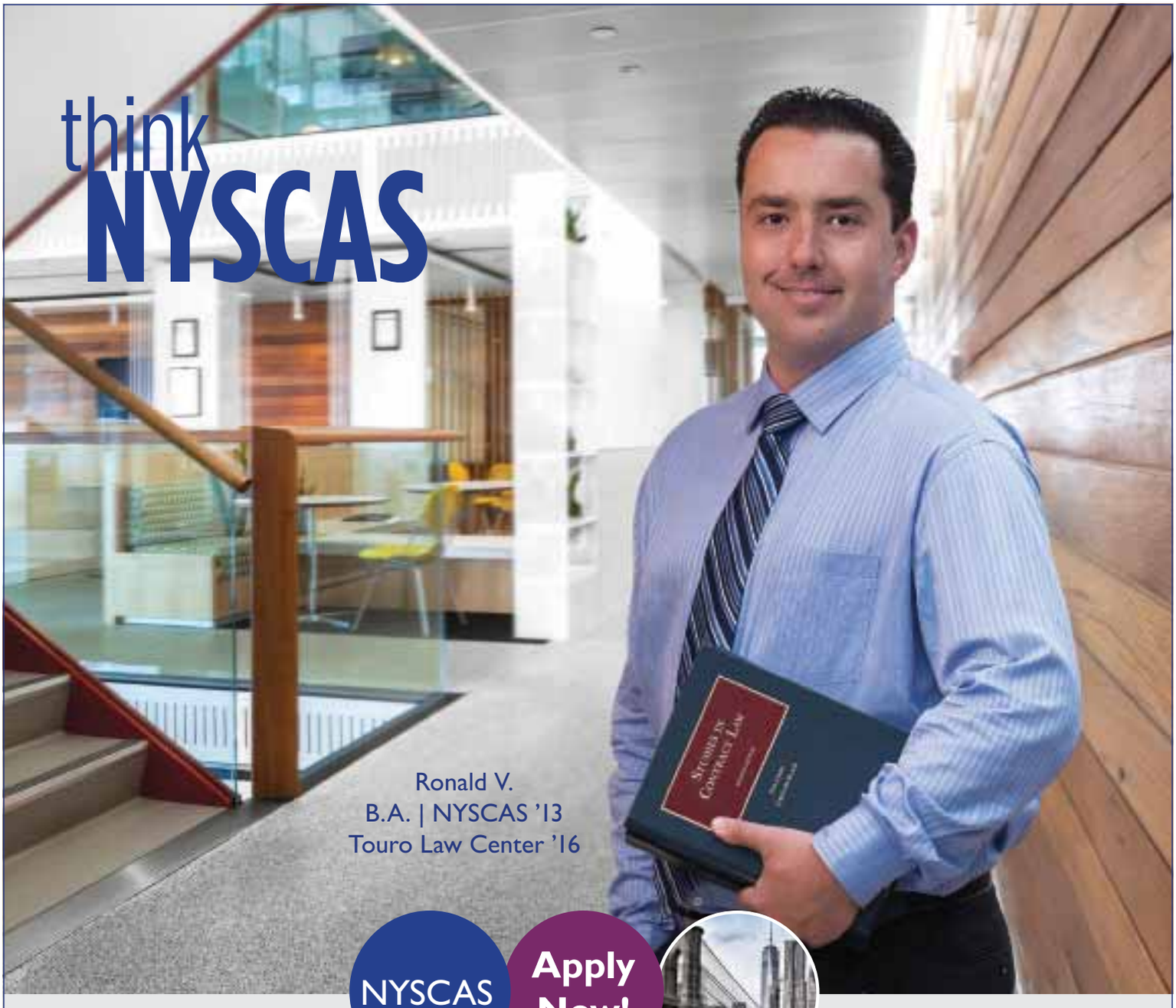

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